

MONDAY MOVERS

1 Physical literacy/skills

AROUND THE MILKY WAY



15mins



How can you demonstrate Teamwork throughout this challenge?

Working with someone in your family/house, can you communicate and give instructions on...

1. When to throw.
2. Which star can we travel to next.
3. Count your total score as a team.

ACTIVITY

- Set up safe points around the house/garden (these are **stars**, you could have them set up in different rooms around the house or points around the garden; decking area, tree or front and back of the house, for example)
- With a partner or someone in your family **visit each star** around the Milky Way. When you get there throw the ball/object to your partner and ask them to throw it back to you
- Once you have received the ball/object back at your **first star**, **then go to the next star** in your house or next point in your garden
- Give yourself a point each time you make a good throw and a good catch
- Remember to move safely around the Milky Way/your home

EQUIPMENT NEEDED

- Ball, rolled-up socks, or tin foil
- Stars – something to mark out where you can go around your home, e.g.: you can draw your stars on paper and locate at each point



TOP TIPS

Use an underarm throw; swing your arm back, forward and release your ball
Remember to move safely around your spaces
Aim for your partner's chest/tummy when throwing



Why not try this now?

- Visit '[Chance to Shine](#)' or '[All Stars](#)' for more ideas.

MAKE IT EASIER...

- Roll the ball.
- Throw the ball to yourself
- Use a larger ball

MORE OF A CHALLENGE

- Use a smaller ball
- When you are at the star, can you throw the ball more than once (5, 10, 20 times)

MAKE IT INCLUSIVE

- Throw the ball to yourself, use a larger object/ball, or carry on your knee(s)

LEAD OTHERS

- Get your family involved, tell them how to play the game YOU'RE THE TEACHER! Can you think of different ways to play the game?

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Physical literacy/skills

ACTIVITY

- How many catches can you make on your own?
- Throw the ball underarm up into the air and catch
- Try and throw the ball a little higher each time
- If indoors, can you throw the ball up to your head and catch it again

EQUIPMENT NEEDED

- Ball, rolled-up socks or tin foil



15mins



How can you demonstrate Determination throughout this challenge?

- Push yourself to...
1. Get more catches
 2. Higher throws
 3. Try clap-catching

MAKE IT EASIER...

- Use a big ball.
- Throw and catch the ball with two hands.

MORE OF A CHALLENGE

- Use one hand, if that's too easy, can you throw and catch with your weaker hand.

MAKE IT INCLUSIVE

- Use a bigger ball, or use your arms to help catch the ball

LEAD OTHERS

- Can you teach someone else to catch successfully? Can they do it with one hand?

COOL CATCHER

MONDAY MOVERS

Physical literacy/skills

ACTIVITY

- Find a target object around your house or garden, that you can use as a wicket, e.g.: washing basket or garden chair.
- Stand away from the object and bowl the ball underarm to hit the wickets <https://youtu.be/PB7APIToAQ4>
- Each time you hit the wicket, can you take a step further back?

EQUIPMENT NEEDED

- Ball, rolled-up socks or tin foil
- Wickets or you could use some sort of target, such as: washing basket or garden chair



15mins



How can you demonstrate Teamwork throughout this challenge?

Ask someone in your family to stand behind the wickets to catch the ball

MAKE IT EASIER...

- Stand closer to the wickets.
- Try rolling the ball, or use a bigger ball

MORE OF A CHALLENGE

- How far away from the wickets can you get
- Try overarm if you have space <https://youtu.be/gMMBAqFIDLg>

MAKE IT INCLUSIVE

- Use a table-top and roll the ball at objects

LEAD OTHERS

- Can you teach someone else to catch successfully?

BRILLIANT BOWLER

TOP TIPS

To make the best catch, keep your eyes on the ball at all times

TOP TIPS

For underarm bowling, keep your eyes on the wickets to aim and hit the target.

Why not try this now? Visit <https://www.chancetoshine.org/teaching-resources> for some free resources.